

Master Chief Petty Officer of the Navy visits AFRH-G

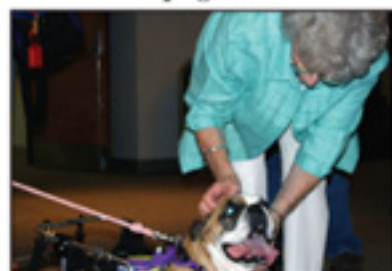


Master Chief Petty Officer of the Navy Terry Scott (right) listens to Walter Voelker during an ice cream social held in his honor during his visit on Aug. 23. Sitting with the MCPON is Master Chief Joe Perrone and Henry Pike, RAC Chairman. Above - Bob Rutherford has Master Chief Scott sign his Blue Jackets Manual.

Inside



You can count on her...
page 8



Lilly brings smiles...
page 14



*NCOA sponsored trip to Royal
Chelsea Hospital pages 12, 13, 17*

New director welcomed at AFRH-G

Mr. John Thorhauer recently joined AFRH-G and brings to the Agency over 15 years of health facility, senior housing and health service management experience.

Prior to joining us, Mr. Thorhauer was Chief Operating Officer for Sunset Association, a provider of senior housing and healthcare services in Michigan. During his tenure there, he was responsible for managing the start up of a Medicare and Private Duty Home Care Agency and served as the owner's representative for the start-up of a new senior living community.

He led numerous capital projects including development of Sunset's new Wellness Center and the construction of the nursing facility Dementia Unit.

Previous Long Term Care experience includes managing a Skilled Nursing and Assisted Living facility in Michigan for a leading national senior housing, health-care and service provider. In addition, he was involved in management of the 4th largest nursing facility in Virginia where he

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AFRH-G Director John Thorhauer visits with Naomi Pointer in the dining hall.

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

Ludwig Olson (W) Writer
Ray Colvard (W) History writer
Jo Colvard (W) Proofreader
Joseph Lavryk (G) Photographer
Allen N. Frazier (W) Photographer

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



AFRH-W residents visit to the Royal Chelsea Hospital in England re-kindled the World War II experience for me.

I was 14 years of age when Pearl Harbor was bombed. We were getting out butts kicked in the Pacific. All the news was bad. The fall of <http://corregidorisland.com/> and the Bataan Death March. The Nazis were attempting to bomb Great Britain into submission (10 July-31-October 1940 but not succeeding). <http://www.raf.mod.uk/bob1940/bobhome.html>.

You will notice that pages 12-13 have been used to create a "souvenir page" in honor of the Chelsea visit, and also remind our readers that Englishmen and Americans could well be speaking German and Japanese here at home were it not for courage of a few brave men and women on both sides of the Atlantic and the Pacific.

I invite you to visit this URL <http://65.108.110.30/afrh/pages/page1213.html>. You will see the "souvenir page," and in the background you will hear Vera Lynn's best-known World War II song, "There'll Be Blue Birds Over The White Cliffs of Dover." It is my feeling that this song played a great part in uniting Americans and Englishmen for the struggle ahead.

I am working on a method to deliver music with your copy of the AFRH Communicator. This is not impossible – we just don't know how to do it yet. Until we succeed with this, the method above will have to suffice.

I must admit that Mike's, Bill's, Red's, and Jim's Chelsea visit really caused me to think – In March of 1944 I became one of around 10,000,000 men we had under arms. Years later in 1954 I passed the White Cliffs of Dover on the English Channel in a Navy Transport en-route to Bremen-haven GY with my wife and young family. Our experiences in the Armed Forces undoubtedly helped define who we are now.

Enjoy your newspaper! We enjoyed creating it!

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

Message from the Chief Operating Officer



I am pleased to formally welcome Mr. John Thorhauer as the new Director of our Gulfport facility. Mr. Thorhauer has over 15 years of healthcare and Continuing Care Retirement Community experience and was selected for this position after an extensive and multi-level recruitment/interview process. John possesses excellent leadership and communications skills and has a proven record of

making financially sound decisions. He is committed to solving problems and is a recognized team builder. John and his family come to us from Wyoming, Michigan. I ask that you take the time to personally welcome John and his family and to work with him to take AFRH-Gulfport to a new level of excellence.

Unfortunately, as this article is being prepared to go to press, our Gulfport facility is being pounded by Hurricane Katrina. It appears that Biloxi and Gulfport are taking the brunt of the Hurricane and that substantial damage to the area is inevitable. Residents should take comfort in knowing that the staff of Home is doing everything possible to ensure their safety and that adequate food, water and supplies are available on-site.

I would also like to take this opportunity to thank the Navy Seabee unit who is on-site providing support and protecting our residents. Our prayers and thoughts are with everyone in Gulfport – our residents, our staff, and their families.

Timothy C. Cox
Chief Operating Officer

'Director' from page 1

was a key figure in the construction and operation of a new HUD apartment project.

Mr. Thorhauer's eight years of military experience includes serving as a computer operator in the United States Army in Saudi Arabia during the Gulf War. His role included being the Non Commissioned Officer-in-charge of mobilization of a forty member unit overseas and serving as the shift leader for Operations. He also served with his unit in Korea for a short period.

Up until this month, Mr. Thorhauer served on the City Council for the City of Wyoming, Michigan, was on the Board of the Michigan Continuing Care Alliance and served on the Advisory Board for a West Michigan Adult Day Care Provider.

He received a Masters in Business Administration and a B.S. in Management Science from Averett University in Danville, Virginia.

Mr. Thorhauer has been happily married for 18 years and together they have a 13 year old daughter.

New residents at AFRH-G

**Census: 555 as of
August 31, 2005**

Charles E. Davis
Joe T. Ridenhour
Charles C. Taylor

USAF
USAF
USA

New residents at AFRH-W

**Census: 984 as of
August 31, 2005**

George A. Moore
Domenico Quilico
Arlie O. Sessions
Erie E. Crime
Angel Vazquez-Rivera
Richard A. Hodgkins
Charles W. Phillips
Willa M. Cooper
Donald J. Cooper
Aaron T. Scott
Joseph Kohutko
Michael Staso
Arthur Greenwood
John Bennington
James L. Abbott
Charles J. Radano
David K. Greene
Richard W. Robinson
Donald H. Freer
Gerald J. Howard
Charles R. Kaylor

USA
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USMC
USN
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Office of the Director



This month marks my third article for the Communicator. It also marks my last as Interim Director of AFRH-G. Hard to believe how fast the summer has gone. They say...when you are having fun, time flies and how it has.

Earlier this week, your new director, Mr. John Thorhauer took over the helm. I am sure that, over the next few weeks, you will personally meet Mr. Thorhauer and I am confident that you will show him the same enthusiasm and support that you have shown me during the past few months. He comes extremely qualified for the job and I think you will see that he is committed to continuing the path we have started as we work towards solutions to challenges that you and I have identified through our Town Hall meetings and focus groups. Your input and willingness to participate in the variety of focus groups that I set up when I arrived in June has been instrumental in us, as a team, finding satisfying solutions to services we provide.

I appreciate the patience you have displayed during this process improvement evolution. It's easy to get frustrated when things aren't happening as fast as you may think they should. Just remember, most time, quick fixes are just that. Down the road, you are fixing the things you just quick fixed! That's not what we want to do. That's why it has been important to continue our discussions and to gain further understanding of your perspective and where we need improvement. That's the only way that I can get the 'big picture' and find out what

things we are doing right and what needs fixed. Your input has been invaluable.

As most of you are well aware, communication has been an area that I have devoted a lot of time to during the last few months. I have encouraged the staff to do the same. I have focused on keeping you, the residents, informed by holding monthly Town Hall meetings and addressing topics of concern and answering questions you have. These Town Hall meetings have not only opened up the communication lines; they have also put in place a format to measure our effectiveness in getting the word out and addressing interests, problems or issues you may have.

I've also initiated weekly focus group meetings. These meetings have been well attended and their purposes are three-fold. They allow the residents to raise/discuss areas of concern from a resident perspective; help the residents be part of the solution; and to help management understand the concerns of the resident.

In addition, using Channel 80, we have provided you an avenue to get answers to questions you have about certain topics such as health care and the upcoming construction.

In the area of transportation you told us that we weren't meeting the needs of the resident getting to and from doctors appointments. At the focus group meetings, it became apparent that the roles and responsibilities of the various drivers within the home were not clearly defined. As a result, we integrated transportation services to include staff, resident stipend drivers, contract support and Seabees. We defined the hours and use for each category of drivers so that all contingencies are covered and each element understands its role. Stipend driv-

ers, for example, are now assigned short day trips between set hours while contract drivers are called instead of using CNAs to drive.

We have worked health care hard and made positive changes. Annual physicals have been aligned with birth month. Fact sheets were developed clarifying services we provide; hours of operation; and procedures to follow for service. We are hiring a nurse practitioner to integrate with our contract doctors. We have posted our doctors' schedules and are monitoring their actual hours against posted hours for accountability. We have also looked at our emergency/Code 7 response to ensure this critical function is being done properly and correctly.

In the area of fire response and evacuation we have reviewed our procedures; identified and discussed resident concerns; established training for employees; updated our instructions; and conducted a realistic fire drill. Our building is designed and facilitates lateral movement vice full evacuation during a fire response. Although they say 'never say never,' in most cases a fire in our building will require us to move laterally and not evacuate the building. There may be a case, depending on the location of the fire, to evacuate one floor to the lower floor. We will train to move laterally and if needed from one floor to the lower floor.

Finally, we've had a focus group discussing the new phone service that will be coming online in the near future. Your input has been invaluable. Please keep the communication lines open as we work through this new service. Our hope is to be able to offer you a better product at a reasonable, if not cheaper, rate.

In closing, I have thoroughly enjoyed meeting each of you and will remember my time here as Interim Director fondly. My wife, Maryann, wanted me to thank all of you for being part of her life and for sharing your experiences with her. She truly enjoyed her times with you. I will still be visiting Gulfport as I have in the past as the Chief Financial Officer and look forward to seeing you on my visits. Thank you for making my assignment as Interim Director one of the best and most rewarding assignments of my life.

Steven McManus

JCAHO Accreditation at Gulfport

The AFRH-G recently received notification of from the Joint Commission on Accreditation of Health Organizations (JCAHO) of Accreditation with Full Standards Compliance, effective March 24, 2005.

Office of the Command Master Chief –Gulfport



Why I took this assignment

Many of my peers ask me why I took orders to the Armed Forces Retirement Home instead of the next challenging assignment up the career ladder. Of course in true CPO fashion they gave me their viewpoints... and a few parting gifts just to drive the point home, which included a walker with pink basket, mirror, handlebar tassels, and horn; a light weight aluminum adjustable cane, and a pair of high powered reading glasses with a large magnifying glass for those real hard-to-read words. Typically this would be an assignment for an older Master Chief on his last tour of duty; however I don't see it that way.

The AFRH is a living historical museum...inhabited with successful, intelligent people, who truly know the meaning of patriotism, courage, and honor. Today I helped two residents fix birthdates on their

DEERS because their dates were a year off...they lied about their age to fight for freedom sooner. How often does that happen today? Each resident has a story to tell and a life full of wisdom to share with anybody who will take the time to listen. I met two residents this month who were offered positions to play major league baseball...they chose to enlist instead. I became very good friends with a resident who served under General Patton. He shared a story with me how he ended up leading a convoy through Europe for a day. He and his buddy fell asleep at a rest area and woke up to find out that the rest of the convoy in front of their track vehicle was gone...they were now the lead. He reminded me that people were shot in those days for sleeping on watch during war time, and they were scared. Needless to say they found the column and also managed to avoid an engagement with a group of German Tiger tanks.

To a Chief Petty Officer this assignment is an education and a great honor. Nowhere in the DOD is there a group of "old school" leaders such as this. Most are pretty humble...you wouldn't know they

were decorated unless you saw their record. They maintain high moral standards and don't ask for much, except to be treated with dignity and respect. They want the leadership to listen to their needs, not what somebody else thinks they need. Most are not afraid to bring up problems and will continually do so until the issues are resolved. They are a rare breed that has become non-existent in today's active duty armed forces.

Back to my original question, Why I took this assignment?

"Old School" salty leaders are dying out along with their lifetime sea stories of humor, adventure, and courage. They left their families for very long periods of time paying the price for freedom in distant bloody battlefields across the world. I salute you all and consider it an honor to have the opportunity to serve you as well as you served your country.

*CMDCM (SCW) Joe Perrone
Command Master Chief*

Office of the Ombudsman -Washington



Wellness Center Opens!!

The walls are gone and you will soon be using the new Wellness Center on the ground floor of the Scott Building. The tentative date for the opening is the 26th of September. There are many new and efficient changes that you will notice when you begin using the new Wellness Center. The best part for all residents is that you have pretty much one stop shopping; everything is in one location for the most part. No more running to one place to get records and then on to somewhere else for the clinic you are scheduled to go to.

One of the biggest niceties is going to be the waiting area with the large built in TV. The whole area is nice and bright. No more sitting in chairs outside the offices with all

of the comings and goings of traffic through the old Community Health hallway. Now you will be able to relax in a very nice area and watch TV, read about wellness issues or just relax. Or you can browse the windows in the hallway; they will be set up to display different health topics monthly. I know many of you will enjoy this.



A view of the new waiting area in the Wellness Center.

The intent of the Wellness Center is not just a place to go when you are sick but

a place that can assist you in developing a healthy lifestyle, to let you live your life in a healthy manner. So you can think and learn more about a healthy lifestyle. This in turn leads to early discovery of medical problems in the early stages before they become hard to treat.

Additionally, this month we have been informed by Walter Reed Army Medical Center (WRAMC) that they will no longer be able to provide support for the Congestive Heart Failure (CHF) and the Chronic Obstructive Pulmonary Disease (COPD) support groups, which were held monthly in the Scott Meditation Room. The reasons cited for cancellation were a shortage of medical staff and the patient load being seen at WRAMC. Other options are being explored to see if another medical service provider may be able to assist us in keeping this valuable program up and running.

*Al Mori
Ombudsman*

Then... and now... in Gulfport

Andrew Pellkofer*William Parker**Harry Gordon**James Helms**Neville Smith**Walter Voelker*

Then ... and Now... in Washington-Match-Up



Nelson Jamison



1



Roy Pickel



2



Linberg G. Williams



3



Jim Webster



4



Vincente Van Allen



5



See answers on page 10

Resident happiest when she is helping others enjoy life

By Mary Kay Gominger(G)

She's been here less than three months but already resident Bonnie Bradford has made some monumental contributions to the AFRH-G. Bonnie arrived here on June 2 and immediately began to make a difference. Bonnie has been named the official 'ombudsman' for residents in the Long Term Care and Assisted Living units. Unfortunately to give her the title ombudsman doesn't do justice for all that Bonnie has become to these residents. To them, she is more than a voice or representative; she is a friend, a companion and for those that don't have family or family nearby, she fills those shoes too.

When you hear Bonnie's story, it's almost as if she has been preparing for this experience her whole life. Bonnie served in the Army for 20 years and was a licensed practice nurse. This specialty saw her either practicing nursing or teaching nursing her entire career. During boot camp, she remembers hearing about an Ole Soldiers Home and she distinctly remembers thinking, "that's where I will go when I'm old enough....that will be my home."

That thought was never far from Bonnie's mind as she worked in a variety of jobs, waiting to get old enough to come here. Finally, after owning a child care center, a hotel and then a mobile home park, Bonnie decided it was time to come home.

"I always knew this would be where I would end up," Bonnie said with a laugh. "This place is everything I dreamed it would be. I just love it here."

"The way I feel about this place," Bonnie explains, "if I was extremely wealthy and could go anywhere in the world to live, this is right where I would be. I feel like I am making a difference."

Right away, Bonnie found herself drawn to those residents

that she could help. She quickly set out to be the person they could turn to for just about anything. She answers questions they may have about their health, she goes with them to doctors' appointments so they don't have to go alone, she explains medications they are taking and why they are taking it. Bonnie also reads to residents, she takes them on long walks around the grounds, stopping to enjoy the landscaping or to watch the squirrels and birds

or just talking. She has a few she takes to the fitness center and helps them go through exercises. She takes residents to the Chapel and sits with them; sometimes they talk and sometimes they just enjoy the silence. She explains it best, "I love them, that's what I do."

"We truly are very fortunate to have an individual like Bonnie that is so devoted to the welfare of our residents," said Robert Locke, AFRH-G's deputy director. "Her expertise in nursing along with her deep compassion for her fellow man bridges that gap between resident and staff and provides the residents with an improved quality of life."

"I enjoy helping others," Bonnie said. "We all have to take care of each other. That is just the right thing to do."



Bonnie Bradford encourages Thomas Dodson as he goes through his exercises in the fitness center.

New transportation assistant welcomed to Campus Ops team

Earlier this month, Cindy Mason resigned her position as Campus Operations Transportation Assistant.. Cindy has been the caring voice on the end of the Trouble Desk and Transportation telephone for the past two to three years. She worked at AFRH-G for the past 19 years holding various jobs in Resource Management and Food Services, finally joining Campus Operations in April of 2001, as the secretary and receptionist. She has decided to spend



Long time employee Cindy Mason recently AFRH-G to be with family. She will be missed by residents and staff.



Ida Hobbs answers a trouble call at Campus Ops. Ida is the new trouble desk operator.

more time with her family and enjoy life, but she will be greatly missed by all the staff and residents alike. Good luck Cindy on all your future endeavors.

We have had a new employee detailed in from Health Care Services, Ida Hobbs, who will be filling in as the Transportation Assistant. Ida has been an employee assigned to Health Care Services for the last six-and-a-half years, and has experience in all areas of HCS. Welcome to the Campus Operations Team.

**Brigadier General Lord,
Keesler AFB Commander,
meets with residents
at AFRH-G**



Brigadier General William T. Lord, Commander, 81st Training Wing, Keesler Air Force Base, visited the AFRH-G on Aug. 15. While here, Gen. Lord gave the residents an overview of today's Air Force, where they are and where they are going. He also briefed them on Keesler services that are available for residents and encouraged them to use the facilities that they have to offer. In closing, Gen. Lord reminded the residents that they are the ones that built the Armed Forces into what it is today and he thanked them for their service.

Heads up

- Sept. 1 - New resident reception, 1:30 Reception Room
- Sept. 2 - Labor Day Picnic 11 a.m. picnic grounds
- Sept. 3 - Gulf Coast Sympony, Stennis Space Center, 6 p.m.
- Sept. 5 - Labor Day HOLIDAY
- Sept. 6 - Tour of Pensacola Air Museum
- Sept. 8 - Quarterly volunteer recognition, 2 p.m. in the Ballroom
- Sept. 10 - Keesler AFB Choir and Ice Cream Social, 2 p.m.
- Sept. 11 - Biloxi Seafood Festival
- Sept. 13 - RAC Meeting, 10 a.m.
- Sept. 16 - Luau Party at the picnic grounds
- Sept. 21 - AFRH-G Open House Day, 10 a.m. til 2 p.m.
- Sept. 23 - Gulfport High School football game
- Sept. 25 - Art in the Pass
- Sept. 30 - Air Force Birthday dance

There are many more activities scheduled for you during the month of September. See the September 2005 calendar to see a full listing that includes Tai Chi classes, trips to town, square dancing, movies and shopping and much more. Sign up sheets are located in the fitness center.

Many veterans qualify for VA pension at 65

Many veterans receive a non-service connected pension from the Department of Veteran Affairs (VA) based on reaching age 65. Veterans who are under 65 qualify if they are permanently and totally disabled. For disabled veterans, the disability does not have to have any relationship to the veteran's military service. Eligibility for the non-service connected pension requires you to have served during a specific "period of war" such as World War II, Korea, Vietnam, etc. Eligibility is also based upon need, and a veteran is generally eligible if he or she has less than \$80,000 in net assets. The home and one motor vehicle are not counted in determining assets. The annual income must also be below certain limits. For 2005, the maximum benefit for a single veteran is \$846 per month. If the veteran has a spouse or other dependent, the maximum amount is \$1,109 per month. In determining eligibility and the amount of the benefit paid, the VA will subtract any income, such as Social Security or retirement benefits, the veteran and his dependents receive from the maximum amount. For more information, visit Military.comOpinions.

Reprinted from Veterans Report, The Essential Veterans Benefits, Legislation and Discounts Newsletter, A Military.Com publication.

HOSTS -Helping One Student To Succeed- mentors needed at local school

Students at Anniston Elementary and Popp's Ferry Elementary need mentors to help them succeed in school. HOSTS is a nationally recognized structured mentoring program that pairs a student who needs help in reading or math with a community member who wants to make a difference in a student's life. It is up to the individual to decide how much time to spend with the program. Schedules are arranged with mentors so they are assured of a specific time on a regular day. If you are interested please contact Shelda at X4045.

HIGH ROLLERS HAVE FUN AT THE AFRH-W LAS VEGAS CASINO NIGHT

By Laura R. Fogarty (W)



Resident Nelson Jamison says, "I feel lucky, let me roll em". He went home broke.

The 9th annual Casino Night was held on Friday, July 22, 2005 with approximately 300 people in attendance. The Scott Dining Hall transformation to a Las Vegas Casino excited the residents as they were eager to begin this favorite annual event. Each resident was given a door prize ticket and \$50,000.00 to play the tables with.

As the crowd filled the casino area, tables filled up fast and they began a 2-hour event of chance, luck and of course skill. Some residents felt lucky and stayed put at one table the entire time as others wandered from black jack table to roulette to poker and then to the money wheel trying to win big. There was a game for everyone. Even if you didn't like to gamble there was plenty to eat and drink and door prizes were given out every 15 minutes or so.

As tradition has it the Non Commissioned Officers Association (NCOA) has been the primary sponsor for

this event providing \$1700.00 to this event. The winner receives the grand prize, a round trip excursion to a destination of the winner's choice (not to exceed \$1200.00). In addition, NCOA provided an extra \$500.00 to be used for (2) \$250.00 gift cards to be given to two residents who are unable to attend the event. The winners were randomly selected.

The following organizations assisted with sponsorship of this event to procure



Resident Jim Webster (standing) watches a Blackjack game pondering whether to sit down and try his luck.

prizes for winners: AAFES, the Military Order of the Purple Heart, Association of the U.S. Army and the Warrant officers Association. The following is a list of all of the 2005 winners. This event requires a lot of team work between residents and staff. Thank you to everyone who helped make this event a success.

Winners profile:

This year's lucky winner is Ralph Randers, MSgt, USAF (Ret). Ralph Randers served in the USAF from Sept 1969 - May 1984. During this period he was stationed at numerous bases within the Continental

United States, Europe and Asia, including two tours of duty in Viet Nam. He spent the final eight years of his career at Travis AFB, California where he retired as First Sergeant of the 75th Military Airlift Squadron, flying the C-5 Galaxy.

He calls Ft. Myers, Florida his home and has two children grandson, Emma Randers from New York City, New York and Jasmine Randers from Minn, Minnesota. He also has a grandson Julian Randers who resides in Minnesota. With his winnings Mr. Randers plans on visiting his family soon in Minnesota for a family reunion.

American Legion
AFRH Post 70
Meets in Defenders' Inn the 1st
Saturday of each month Except July and August

It is the will of the Post that the meeting normally scheduled for Saturday, September 3rd 2005 be cancelled due to it being the Labor Day weekend.

The next regular meeting of the Post will be on Saturday, October 1st, 2005.

Senior Vice Ray Smith will report on happenings at August's National Convention held in Hawaii, and there will be reports on other events taking place during our vacation time.

Answers to the Then & Now Match-up

Nelson Jamison - 3

Roy Pickel - 5

Linberg G. Williams - 4

Jim Webster - 2

Vincente R. Van Allen - 1

MEET YOUR FOOD SERVICE TEAM



Fred Hornsby, II
Sr. Project Manager



Elizabeth Garriss
Project Manager, Dining



Cleophus Snow, III
Dining Room Manager



Charles Clarke
Procurement Manager



Howard Johnson
Head Chef

By John Bowery (W)

I have listed a few people that are on the "team" and are responsible for providing us three plus meals everyday. I came across an interesting thing while interviewing the people involved here. It was their attitude. They are so upbeat in how they see their jobs; you can see it in their faces. There is something that all the residents should be aware of and that is the fact that there are two different programs going on all the time. One is the supervision and training for the workers that are hired to support the "team." These are the ones that serve the food on the serving lines and have personal contact with the residents in the assisted section of the dining room. From personal observation, I believe we are way ahead of the game because we can help these workers get established in the work place. They will become productive and contribute to all our benefit.

Everyone responsible for the content and quality of the food are consistently working to improve the food. They are working on improving the flavor of the food served on the diet line. This is difficult because they cannot use any salt to enhance the flavor. They informed me that they are working on getting the extra water out of the vegetables.

If there is a problem, do something about it! Bring your ideas and comments to the attention of the Dining Room Manager or the Dining Project Manager. Tell them about your problem. I guarantee that one or both of them will see to it that you are satisfied with the results. We are living out the remainder of our lives in a secure, beautiful place and have everything any normal person could want at our disposal. My suggestion is "Take advantage of it and enjoy your good fortune." The Italian's have a saying that really does apply here. "Bon Appetite."



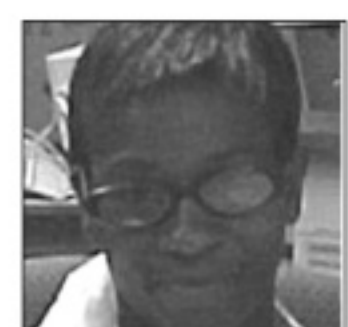
Phillip Neal
Cook Assistant



Zavon Felton, III
Dining Room Manager
-LaGarde



Sandra Rogers
Cook Assistant



Linda Jenkins
Food Service Worker



Lazetta Nelson
Food Service
Supervisor

"Bon Appetite"



Hands Across The Seas



On Monday, August 8th at 6:10 p.m. the excitement all began as residents Robert (Red) Cooper, Mike Longwell, Jim Webster and Bill Sinnott loaded the van up for the trip to Dulles Airport. Accompanying the residents was Recreation Chief, Laura Fogarty and her husband Jim and Red Cooper's daughter Margaret (Maggie) Frye. Fellow residents were in front of the Sheridan building to see the group off.

Upon arrival at London's Heathrow airport on Tuesday our dear friends Col and Mrs. Nigel Gilbert and several In Pensioners from the Royal Hospital Chelsea were waiting for us all dressed up in their impressive ceremonial attire. (How we love seeing those bright red coats). It was great to see Albert Leach, Sid Lunn, Jim McGovern and Tony Tremarco; these in pensioners visited AFRH-W last fall. There to greet us as well were our sponsors for this trip Tom Beardsley, George, Hougue, Pat Kaine and Chris Melia.

Monday morning, [August 15th] was our departure day to come Home. We loaded the coach one more time to go to the airport; as we checked in and said our good byes we all felt the strong bond of friendship created during the week. Our hosts treated us like royalty throughout the week. We are all fortunate to have had this experience.

(See Chelsea on Page 17)



Mike Longwell poses in front of Big Ben. Mike said, "We didn't have to dress-up today, and it is an honor to visit our comrades at the Royal Chelsea Hospital. — I'm glad I made the trip."

Photographs on the Royal Chelsea Hospital pages by: Mike Longwell, Robert (Red) Cooper, and Laura Fogarty



Above photo; front row, Maggie Frye and Laura Fogarty, second row; Chris Melia, George Hougue, William Sinnott, Precient Commissioner, Maureen Gilbert, Red Cooper and Jim Webster; third row, Colonel Nigel Gilbert, Jim Fogarty, Pat Kaine, Mike Longwell, Tom Beardsley, Inspector Peter Kruger and the Launch Pilot poses for photo after their cruise up and down the Thames River.

At left, upon arriving at the Royal Hospital Chelsea we were met by Brig Radcliffe and SM Appleby and enjoyed drinks at the In Pensioners club. Afterwards residents participated in playing Bowls (a cross game between lawn bowling and bocce). Once we settled into our accommodations at the Victory Services Club (a lodging facility for retired Veterans) we of course did what all British folks do, we had tea, delicious tea I might add.

At right, the American dead of the 2nd World War from the people of Britain was written on the floor in front of the altar. In addition a book of those American soldiers stationed in Britain during WWII who were killed in action was listed alphabetically. Air Force Capt Frances Joseph Sinnott, a B17 pilot brother of resident Bill Sinnott was listed.



Ken's Computer Corner***Use the four second fix if your computer has a mind of its own***

Sooner or later and when it seems for no reason whatsoever, your computer is going to freeze up on you. The keyboard and mouse seem to be dead and the computer seems to have a mind of its own.

You have been told not to unplug the computer but when nothing seems to work you push the on/off button and the results are the same.

Well, here is a simple trick that works about 99 percent of the time. Hold the on

and off button in for about four to five seconds. This will force the computer to shut down. Allow the system to remain off for another four to five seconds and then you can restart the computer.

It isn't unusual for a computer with the windows operating system to lock up, in most cases it isn't a major problem. But if it becomes common then you need to have the computer checked over.

In my own experience there are a couple of reasons that a system might lock up regularly. I would start by making sure that there are no viruses on the computer. Bad memory would be my second consideration and also insufficient memory could be

another possibility. A bad power supply could also cause this kind of problem. Even bad software, spyware or adware can cause a computer to freeze up. I wouldn't recommend that the average computer user try to repair their own computer.

Good luck and happy computing!

Ken Willits

***Challenged dog 'Lilly' brings smiles to faces at AFRH-G***

Residents of the AFRH had a special visitor on Aug. 4 when the Harrison County Humane Society's mascot, Lilly, paid a visit.

Lilly is an energetic three-year-old bulldog that hasn't let a crippling accident keep her down. Lilly has a broken back, a result of being hit by a car last year. She was donated to the Harrison County Humane Society and they quickly saw her spirit and will to live and decided to find a way to make it happen. A company in California was contacted, measurements were sent, and Lily soon was outfitted with a harness and wheels and the rest, as they say, is history.

As Lilly 'rolled' through the halls of the AFRH, the response was almost always the same...a quick look of disbelief followed by a wide smile and hands reaching down to stroke the soft fur. Lilly was a natural for the job as she eagerly went from person to person enjoying the attention. Bringing dogs into the AFRH is part of the Pet Therapy Program.



In a rare moment, Lilly slows down long enough for Odell Williams to check out her harness and wheels.



George Allen pets Lilly as she makes her way through the lobby of the third floor.



Lilly receives a warm welcome from Lois Beck.



August birthdays celebrated at AFRH-G

Pictured at the birthday dinner are (bottom row) - Harold Springer, Helen Noel, Claude May, Alonzo Dick and Leonard Drozal.

Standing - Robert Locke (Interim Deputy Director), Emery Campbell, Bobby Hobbs, Claire Dimler, Ann Whitaker, J.B. Coincon, Walt Hutchins, Billy Blythe, Stanley Williams, Sally Blythe, Robert Gordon, Charles McGill, John Wilson, Lois Mojica, Bob Harris and Master Chief Joe Perrone.



By the Books!

Welcome again to the "Volume Vault!" I'll talk to the card players today.

Not pinochle or cribbage, but poker and bridge. We've a couple of new arrivals and they just might interest some of you.

First the Poker! A gentleman by the name of Doyle "Texas Dolly" Brunson, who was world poker champion two years in a row, (1976/77) put together over 600 pages of advice in playing Draw, Stud, Low-ball, and Hold'em. Strategy for each game is written by an expert in that particular persuasion. It says that a beginner may be able to pick up a few pointers, but it is written for folks who consider themselves "Poker Players." The name of this book is "Super/System - A Course in Power Poker." The Dewey Decimal number is 975.412.

Now for the Bridge! This tome is titled: "Bridge - Techniques and Tips from the Masters - Over 2,000 Diagrammed Hands and Plays". It was written by Tony Sowter, Freddie North, Brian Senior, Sally Brock, Alan Mould, Robert Berthe & Norbert Lebel, Raymond Brock, Mark Horton and Barry Rigal. It was edited by Glorya Hale and Nancy Starr. The Parts are titled as fol-

lows: Constructive Bidding, Competitive Bidding, Conventional Bidding Explained, Raising Partner, Step-by-Step Overcalls, Slam Bidding, Cards at Play, Card Play in Suits, Card Play in No Trump, Planning the Defense, Signaling & Deception in Defense. I am not a Bridge player, so I'm not sure what that is all about, but it sure seems comprehensive to me. The Dewey Decimal number of this volume is 975.413.

Those of you who don't occasionally browse through the library are truly missing a bet. Especially the new (new to us, as well) arrivals, paperbacks on the counter and hard backs atop the card files. You can scan the shelves or sort through the three card files. One lists all the books by author, another by titles and a third by subject. The latter, to find books on subjects that interest you. "Travel broadens one," but usually below the waist. Reading broadens one above the shoulders. How do you like that for philosophy?

How many of you "Devil Dogs" knew, or researched the answer to last month's question. Who was the first (and only?) man to win two Medals of Honor for separate actions? I realize that I'm a nut for military history, especially Naval history, and probably think everyone else is as well. However, it surprises me that many members of the Naval service know so little about our proud history and traditions. Those heroes of the American Revolution may not have accom-

plished the impossible, but surely the improbable. The news traveled at a snail's pace in those days, but even so, the world hardly raised eyebrows at a new nation in the family of nations existing at that time. Unimpressed for some 30 years, they suddenly sat up and took notice in 1812. That's when our Sailors and Marines demonstrated to the world that this infant nation was here to stay and stood ready to prove it to all comers.

Now - the answer to the question.

This hero was born in 1881 into an influential Quaker family in Pennsylvania and was educated in Quaker schools. At the outbreak of the Spanish-American War, at the age of 16, he attempted, unsuccessfully, to enlist in the Army. He was successful in obtaining a commission of 2nd Lt. in the Marine Corps, lying about his age. While he saw no combat in the Spanish-American War, he was in China for the Boxer Rebellion, AND, get this, he was brevetted a Captain, due to two heroic acts, in which he was wounded, just two weeks short of his nineteenth birthday!! Following that he served in expeditionary forces in Honduras, Panama and the Philippines, then played a conspicuous role in the Nicaraguan Campaign of 1912. He received his first Medal of Honor in the fighting in Vera Cruz in 1914. He received his second award in Haiti in 1915. I have read elsewhere that he

See 'By the Books' page 19

“Why Knot - Part II”



by Ted Wilson

(Ed Note: This is the conclusion of Ted Wilson's story detailing the efforts of three plucky AFRH-W landlubbers who decided to go to Florida, buy a boat and sail it back to Washington, DC.)

“Captain Vinny” and “First Mate Mike” reluctantly decided to make their second attempt to retrieve the Why Knot without the ailing third crewmember, Don Braswell. The revised plan called for them to travel in two- or three-day spurts and spend their nights freshening up at convenient mariner motels.

On the third week of May, Vinny and Mike began their Plan-B journey from Florida to DC, via Shell Point to Apalachee Bay, the northwest coast of Florida, into the Gulf of Mexico. Fair weather and calm seas greeted them during the first leg of the challenging trip. Upon reaching the Suwannee River, however, our intrepid “seamen” announced their presence by promptly getting stuck on a sand bar. But, as in the past (and as would be in the future also), payment of a nominal fee prompted someone to tow them free.

Southward they sailed, on toward Tarpon Springs.



board in the process. That got his picture taken before he and Mike headed for the river leading toward the Inter-coastal Waterway. Up the Caloosahatchee River, they traveled to Ft. Myers, spending Memorial Day and night there before moving onward.

Their fascination in the gulf with porpoises, flying fish, stingrays and the



daring duo was appropriately apprehensive in that charged environment, realizing only too well that falling overboard was not an

Captain Vinny made a lasting impression on the local Greek-American population by catching a noticeably large fish and falling over-



like did not prepare them for what the Caloosa-hatchee had in store, as they now found themselves amidst a generous complement of dangers such as alligators, snakes and large flying roaches. The

option.

Unable to use their sail, the crewmen fired up the boat's motor, which proved remarkably reliable as they chugged up the river, ever mindful of the lurking reptiles. Vinny and Mike continued ahead, eventually reaching the calm, blue waters of Lake Okeechobee. They then proceeded across the lake and entered the Inter-coastal Waterway with its locks, drawbridges and other unique structures. Even in that relatively serene setting, the peripatetic pair managed to attract attention as they continued their romance with danger.

Their misadventures included having their vessel get hooked on a drawbridge that failed to elevate sufficiently and ... you guessed it ... those ubiquitous sandbars. It took almost 48 hours for them to be extricated from one in Vero Beach, almost driving the dynamic duo bonkers and compelling them eventually to abandon Plan-B and have the boat towed overland to Washington, DC. That, too, did not pan out because the towing contractors defaulted on their promise.

On the first of July, Vinny and Mike were back at Vero Beach, and their destination was now changed to Annapolis instead of Washington, DC.

Avoiding sand bars and hugging the coast, the gritty pair pushed forward. Very tired and quite grungy, they arrived at Annapolis 25 days later ... proudly sporting beards stereotypical of the crusty sailors of yore.

Those beards, and the squinty, piercing eyes they also acquired, are now a testament of the two men, a grandfather type and a great-grandfather, who accomplished a mission many of us would leave to a younger generation. Having won one for the seniors, they truly deserve the many related accolades they have received.

Were we to ask them if they would do it all over again, we certainly wouldn't be surprised if the answer was ... “Why Not?”



And here we have the “Why Knot”

A Trip To Remember

AFRH-W Residents go to England

(An international exchange program)

"Chelsea" from page 12-13

By Laura R. Fogarty (W)

Upon arriving at the Royal Hospital Chelsea we were met by Brig Radcliffe and SM Appleby and enjoyed drinks at the In Pensioners club. Afterwards residents participated in playing Bowls (a cross game between lawn bowling and bocce).



Group posing at the entrance of the Westminster's Abby where lied a special tribute to the tomb of the unknown soldiers'.

The next day we were given a private tour throughout the Westminster Abbey where we were met and welcomed by Major Gen David Burden. In the entrance of the Abby lies a special tribute for the tomb of the unknown soldiers afterwards we walked to the Place of Westminster for another special guided tour. Afterwards, we enjoyed a lunch time garden concert at the Westminster Abby before returning back to the Royal Hospital Chelsea to meet Governor, General Sir Jeremy MacKenzie.

The next day we enjoyed a special guided tour of the St. Paul's Cathedral. This amazing building was built by Christopher Wren who also built the Royal Hospital Chelsea. A much different look than the royalty's Westminster's Abby, this Cathedral was the People's Cathedral. Inside this amazing facility was an American Chapel. Service emblems were etched into the stained glass windows to represent those who served.

Next we were off to the Wapping Police Station to tour the Marine Division Museum following by a river trip down the River Thames on the Commissioner's Launch

Retired Navy Chief Jim Webster felt right at home on the boat.

Later that night we departed for the Tower of London tour and viewed the ceremony of the Keys. This long time ceremonial tradition is done each night at 10:00 p.m. to officially lock up the tower for the night.

On Friday we attended the Sovereign's Parade at the Royal Military Academy at Sandhurst. This institution is equal to our West Point Academy. We were met by WOI and Mrs. Constantine who brought some of us to our special seating to view the parade. Our residents and the In Pensioners had the honor of marching across the parade grounds to their seats prior to the start of the formal ceremonial parade. They represented our nation and this Home proudly. As tradition has it the Queen chooses a different representative to be saluted at each of these ceremonies; the salute for this ceremony was being taken by the King of Malaysia.

After this spectacular ceremony we



Group picture of everyone riding the "eye" which is a huge ferris wheel structure positions in the heart of London's town.

headed to the Headquarters and Central Regiment Logistic Corps (HQRLC) Sgt's Mess in Deepcut where we were met by WO2 Mark Forster and RSM Jim Russell. A great lunch was provided for us

Next we headed to Windsor Castle met by the grounds superintendent Maj. Alan Denham. This magnificent castle is the Home for the Queen when she wants to relax on weekends and holidays. This tour was

indeed special as we viewed special areas not open to the general public.

For Dinner that evening we went to a great restaurant called Sticky Fingers. This famous restaurant is owned by the lead guitarist of the Rock and Roll Band the Rolling Stones. Residents and In Pensioners enjoyed sharing stories

Saturday we traveled to Buckingham Palace to view the changing of the guard ceremony and then to tour the state Apartments throughout the Palace. For the guards ceremony we were able to view this ceremony from inside the palace gates on the parade field.

We also had the pleasure of riding the "eye" which is a huge ferris wheel structure positions in the heart of London's town giving you a spectacular aerial view of the cities monuments, cathedrals and buildings.

Nigel and Maureen Gilbert opened their home to us for dinner and drinks. We all had a fabulous time socializing for one last time and sharing stories from both Homes throughout the evening. Gifts of appreciation were exchanged between all as we informally thanked one another.

A very special thank you goes to Nigel and Maureen Gilbert for organizing this program for the second year in a row. Their hospitality and attention to details for every private tour we had surpassed our expectations.

This exchange program has been in existence for 3 years. During visits to both homes the In pensioners and residents from both homes have come away with special friendships and an understanding of traditions and lifestyles represented at each home. Lastly, a very special thank you goes to Dick Schneider, National Director of State/Veteran Affairs at the Non Commissioned Officers Association for supporting this exchange program. It is through his determination and desire to serve Veterans that funds are made available to support this endeavor. Thank you NCOA.

The AFRH-W looks forward to hosting the Royal Hospital Chelsea in 2006. Until then Hip Hip Hooray to all!

A resident says...

“It Can Be Fixed at the AFRH-G...”

I have always believed that you could tell the mood of an organization by the attitude of the folks around the breakfast or dining tables. Two months ago there was little to no laughter in our dining facility. Rumors were rampant; folks were upset about various things going on here in our home. We had lost our beloved Deputy Director under suspicious circumstances; the command section of our home had slammed the door shut against the residents. We had that dark cloud of dog patch days upon us and there was no communications.

As I look back I could not have foreseen the changes that would take place over the next few months. Nor could I have written this article til now! Two events came together and they became winners. Our director of dubious fame had departed and an interim director was assigned. Mr. Steve McManus and Command Master Chief Perrone joined our home. Both of these gentlemen realized that there were a number of items that needed to be fixed and fixed as soon as possible.

I would say that the actions that these two individual took to right our badly floating ship could and should be used by anyone taking over a new company or organization. That first step which

was the most critical was titled Communications. They opened up the doors to their offices to the residents. They were not afraid to discuss difficult subjects with the residents.

Not only was the door of communications opened but focus groups were formed. These focus groups became and have become a part of fixing the problems. This showed the residents that we had an avenue of communication and that the management was concerned about what the resident's needs and wants are.

I believe that they have a daunting task of righting the many areas of concern. But, unlike some folks they started with a couple of items at a time and worked on them. I guess it is a bit like filling in all the holes in a slice of Swiss cheese. Once you get one hole fixed you can start fixing the next hole or in this case problem.

There is no way that I can honestly say that all the problems have been fixed. Our home is starting to have faith in the management of this home and the soft spots in our hull are being fixed. I as well as a number of residents will continue to be a thorn in getting untouched areas of our home fixed. No longer is the mood filled with gloom in the dining room, now we hear the pleasant sound of laughter and the wounds are healing.

So I along with many of the residents say to Mr. McManus and Master Chief Joe Perrone, well done, and we salute you for taking the time to rectify the problems here in our home.

Ken Willitts

Ken's Computer Corner



Fire Safety

Local fire officials gathered at AFRH-G earlier this month to conduct fire safety training and to check water connections located throughout the home. Left - firemen check the water pressure as a hose is sprayed from atop of the main building. Below - using the stairwell, firefighters climb to the top of the building.



Signal still loud and clear across the air waves

Radio operator keeps the age-old tradition alive

By Mary Kay Gominger (G)

These days, when you want to talk to someone, you can do it many ways. You can pick up the telephone and call them, by landline or by cell phone. Or you can send an e-mail or even, as the majority of our youth today do, you can send a text message over your cell phone. Communication, however the form, is right at our fingertips. It wasn't always that way, though, hard as that is to believe. Most of our residents here at AFRH-G can attest to that. When they served in the military, communication, either back home or between units or ships, was quite different. AFRH-G resident Herbert Jeffries is a living legend when it comes to the world of communication. He is keeping the age-old tradition of radio communication from becoming extinct.

Twelve-year resident Herbert Jeffries, in addition to keeping a dying art vibrant, also believes in the concept of having lifetime friends. He has had many throughout the years and he still keeps in touch with some of them using his HAMM radio, located in Bldg. 5.

"We had a group of about 15 of us that would communicate with each other about every day for the past 30 years," said Herbert, a retired Navy electrician. "There's only three of us left now but we still check in every few days and chat on the radio."

Soon after moving in, Herbert discovered that the office where the Navy had a MARS station back in the 80s and early 90s was about to become vacant. When they took the station down, Herbert moved in his equipment and has used this office space since then. He's had several other resident radio operators share the space with him at times but he's been the primary



Herbert Jeffries waits for a response from a long-time friend. Several times a week Herbert, an expert radio operator, logs on and checks on buddies throughout the country.

occupant.

"Couple of times a week, I come over here and tune in and wait to hear from my buddies," said Herbert. "It's a way of staying in touch and checking on everybody to make sure they are ok. Some days the reception is perfectly clear and its just like they are right there with you."

Herbert proudly displays a first to make contact certificate in his office that he received from the USS New Jersey when it was brought out of mothballs and taken to New Jersey to be on display. He looks forward to his regular radio contacts he makes every week to chat with old buddies. He wouldn't dream of calling them on the telephone.... "Why would I do that when I can use my radio?" he responded when asked. "This works fine for me."

'By the Book', from page 15

and Lou Diamond were leading a patrol and while crossing a river, a mule carrying a machine gun, stumbled and drowned. The machine gun being vital to their mission, he and Lou Diamond dove into the river, recovering the machine gun and it's accoutrements. In that action, Lou Diamond received his Medal of Honor. He demonstrated there to be an able administrator as the initial organizer and commanding officer of the Haitian Gendarmerie, restoring order and completing many public works projects.

Much to his disappointment, he was not given a combat command in WWI. In October 1918, he was placed in command of Camp Pontanevez at Brest, where he devoted his boundless energy and resourcefulness to the construction and operation of that tremendous base. For that tour, he was awarded both the Army and Navy

Distinguished Service medal, plus the French Order of the Black Star.

After the war, as commanding officer of Quantico, he transformed that wartime training camp into a desirable permanent Marine post.

On official leave of absence in 1925 he was appointed Director of Public Safety of Philadelphia by winners on the reform ticket, to put down vice and enforce prohibition. After two years, learning that being a combat leader didn't impress Philly's cops, he was asked to resign by the man who appointed him.

As commander of the Marine Expeditionary Force in China in 1927/29, during the national revolution, he again proved his worth, not only as a combat commander, but as a diplomat besides, by his adroit handling of a potentially explosive international situation. Being the senior Major General when the position of

Commandant became vacant in 1931, he naturally expected the appointment. WRONG!! He was often indiscreet in both private and public remarks that infuriated his superiors. I remember one remark he made about the China campaign, "We were not fighting for the American people in China, we were fighting for Standard Oil." So he retired later that year and finally died in June 1940, in the Naval Hospital in Philadelphia, of intestinal complications. A destroyer was named for him in 1942.

Smedley Darlington Butler was a Marine's Marine. He was a disciplinarian, but totally loyal to his troops. I doubt any Marine can ever equal his record!!!!

Remember, any remarks, corrections, suggestions or whatever, my room is 1432, my extension is 8187 and e-mail is silverfish@cablone.net. I'll welcome them all.

Miles Medearis

Gunsmiths of the Old School

By Ludwig Olson (W)

Being a gunsmith was once a fairly common occupation in this country, almost like being a carpenter or plumber. But it has become considerably less common over the years due to the impact of federal and state gun laws plus other factors.

After serving as an armorer in U. S. Army Ordnance during 1937-38, I had thoughts of becoming a civilian gunsmith. In 1939, I met Emil Koshollek, a master gunsmith of Stevens Point, Wisconsin. He specialized in metal work on guns. After getting acquainted, he suggested that we visit Alvin Linden, a famous Wisconsin gunsmith who turned out some of the world's finest rifle stocks. That was the start of a close friendship with two of America's greatest gun craftsmen. They became my mentors, and furnished valuable information and advice. Perhaps the most important advice was that I should author a book on Mauser bolt-action rifles.

Born in 1887, Emil Koshollek was the youngest of five children. After completing elementary school, he worked as a car mechanic. It is not certain when he took up gunsmithing, but it was most likely during World War I.

Koshollek's natural mechanical aptitude caused him to be a skilled gunsmith in a very short time. Although he didn't advertise, he soon became well known for the high quality of his work on custom guns. Repair jobs on a wide variety of rifles and shotguns during hunting seasons kept him busy. He called repair work his "bread and butter."

Early in his gunsmithing career, Emil was in partnership with his brother, Jack, a skilled stockmaker. Emil could also make

fine stocks, and even produced some rifles in their entirety. Crafting metal later became his specialty.

A major job by Emil and Jack was to restock and rework two rifles for Kermit and Theodore Roosevelt, Jr. The Roosevelts made an expedition to Asia in May, 1925, to hunt Ovis Poli, the Marco Polo sheep, and other big game.

A confirmed bachelor, Emil lived



A rifle designed and built by Emil Koshollek. It was chambered for the .250-3000 Savage cartridge.

alone in a modest one-story bungalow on the outskirts of Stevens Point. His dining room was a combination office and meeting place where hunters, target shooters, and old cronies swapped yarns, usually over bottles of beer. A large lathe was next to a wall. His kitchen and another small room served as shops.

He was fascinated by high-velocity rifles and cartridges. In 1921, he developed a caliber .22 wildcat (nonstandard) cartridge by necking down the .32-20 Winchester. Also in 1921, Emil and his brother patented a special metal-jacketed bullet.

Emil's all-time favorite deer rifle was the Model 99 lever-action Savage in caliber

.250-3000. In the bolt-action rifle category, his first choice was the Model 70 Winchester, with the Mauser 98 a close runnerup.

Emil's search for an ideal bolt-action rifle was a never-ending project. He designed and built a bolt-action sporter during the 1920's but didn't complete it until about 1939. It had several features of the Mauser 98 and other rifles, and was chambered for the .250-3000 Savage cartridge.

As mentioned earlier, Emil was a confirmed bachelor. When I confided that I planned to get married, he exclaimed, "Phooey on that! Being in double harness is like a jackass and camel hitched to a plow, trying to pull in different directions." He admitted, though, that having a wife to prepare decent meals would be a welcome change from living on cold cuts and beer.

Outside the gun field, Emil had a great interest in fishing, radios, and astronomy. He studied the planets with his

powerful telescope. He was an avid reader on many subjects, and liked to discuss wildlife, politics, and the world situation.

Emil died in March, 1968, at age 80. He was a good example of a gunsmith of the old school - very versatile, and able to produce entire guns from scratch. Unfortunately, his trade secrets died with him, but he will always be remembered by many for his genius.

Installation held for National Association of Uniformed Services Officers

By Charles Felder (W)

The first official meeting of the newly formed Soldiers' Home Chapter of the National Association of Uniformed Services (NAUS) was recently held in the Scott Theater. The purpose of this meeting was the installation of newly elected officers. In attendance was special guest LTG George McKee, CMSGT (R) Chuck Dickerson, CSM (R) Al Mori, CSM (R) Lorenzo Clark, President of NAUS MG (R) Bill Matz, Director of Chapter Management and Deputy legislative Director/Veterans Affairs SGM Hal Grant, and interested home residents.

MG (R) Matz was called upon to make comments about NAUS and its mission. He spoke of how NAUS represents the total military family both active and non-active, all ranks and grades, and their dependents. He also spoke of how NAUS was in the forefront of the battle to win Tricare for Life for our retirees and the continuing battle to maintain all that we've won, and protect them from those who attack, change, or try to reduce them. His remarks were well received by all attending.

MG (R) Matz asked each individual

newly elected officer; vice president, for area membership and legislative affairs Chuck Felder, Vice President for Finance Bob Devaney, and President Warren Toogood to come forward in turn and assert that they were willing and able to assume the duties of the individual elected offices. After receiving affirmation from each individual officer, MG (R) Matz stated that the newly installed officers are more than willing and able to work for the best interest of the home residents.



From left to right; Charles Fedler, MG (R) Bill Matz, Warren Toogood and Robert Devaney

AFRH-W artists excel at Virginia Art Show

By Mike Martinez (W)

Again and for the third consecutive year, AFRH-W artists made an impressive showing at the 19th Annual "Young at Art"



Mike Martinez proudly shows one of his paintings from his "DuPont Spring" series.

Juried Art Show held July 17, 2005 in Alexandria, Virginia. The exhibition is open weekdays 10 a.m. - 4 p.m. at the Campagna Center, 418 South Washington Street. George De Monfort-

Proksa and Mike Martinez were honored to exhibit one of their art presented. George's uniquely modern pastel "Edible" and one of Mike's popular DuPont Circle series: "DuPont Spring" was chosen to be among the 95 artwork out of 250 submissions.

Open house reception participants were treated to wine, lemonade, cheese, crackers and various dips and fruits. This annual community event is sponsored by the Alexandria Commission on Aging, Friends of the Topedo Factory Art Center, Retired Senior Volunteer Program (RSVP) and the corporate partner, Goodwin House Foundation.

No doubt the home should be impressed and proud of its art department. At the 18th annual show, in 2004, resident artists Mimi Rivkin, Kenard C. Collier and Mike Martinez were honored by having their artwork displayed. Mimi's submission won first prize and was awarded \$150. In the 17th annual show, 2003, Ken Collier's sculpture won him an honorable mention award.

"Whoever said the pen is mightier than the sword obviously never encountered automatic weapons."

-General MacArthur

Resident celebrates the Century Mark

By Jeff Anderson (W)

On August 10, 2005, LTC resident Lorenzo Senires was joined by family, friends, residents and staff of AFRH-W in celebrating his 100th birthday. Tim Cox, COO and Comander Burns also joined in to wish him a Happy 100th birthday. All present enjoyed the traditional cake and ice cream and wish Mr Senires many more birthdays.



Tim Cox wishes AFRH-W centurian, Lorenzo Senires, happy birthday while Lorenzo enjoys his birthday cake.

Residents enjoy Henderson Hall Luau

By J. E. Smith (W)

Several of our residents were invited to attend the Luau at the Henderson Hall Club, Friday, July 29th, 2005 by the Marine's volunteers at our Casino Night, Friday, July 22, 2005. These young men and women are an asset and a wonderful resource to and for our Home.



Residents J. E. Smith, Robert Bales, Mike Longwell, and Ben Weakly with Col VanDyke and MGYSgt Peters enjoying a drink and conversation at the Henderson Hall Luau.

We arrived about 1600 hours and were met outside the club and ushered in to a table marked "Reserved". When the Hq. NN. Sgt Major opened the festivities he welcomed the retired veterans from the Home.

The smorgesbore of food was very good and plentiful with a Luau flare – roast pig, pineapples and all. The highlight of the evening was the Washington Redskins Cheerleaders; 8 very lovely young ladies who put on a little show, dancing and cheering for us. Then they interacted with some of the Marines. A competition of strength was accomplished, 2 rugged stout Marines volunteered to participate. One of the cheerleaders who announced that she weighed 108 pounds laid out of the back of these Marines as they did as many push-ups as they could with the additional weight on their backs. The winner completed 26 regulation push-ups for the enjoyment of the crowd and the honor of their Marine Corps.

Then there was a Hula dance contest which was a comedy in its own right.

Later in the evening the Commanding Officer Col A. Van Dyke and



What a joyous sight, 2 of the 8 Washington Redskins Cheerleaders that were at the Luau.

MGySgt Peters joined us at our table for a drink and conversation. I think I can speak for those of us who attended this party; "that a good time was had by all" and a big thanks for the hospitality of the Marines of

14th Annual Stone Soup contest held at AFRH-W



Jerry Carter AFRH-W

The 14th annual Stone Soup and garden judging contest took place here at AFRH-W on Aug. 11. Gardeners, staff, and volunteers gathered at the home gardens to pick the best from their crops for the traditional Stone Soup.

Congratulations to Chester L. Mahaffey, who won 1st place, Jessie James 2nd place, and Danny Gallucci took 3rd place honors. Thanks to the USDA Vegetable Lab Specialists for judging this year's gardens. Also thank you goes out to volunteers Jessie James and Marge Jirak, co-workers for helping make this event successful. Recreation Services would like to thank all the gardeners for participating in this 2005 season.

Stirring the pot...

From left to right; Melodie Menke, Jesse James, 2nd Place winner, Timothy Cox and Jerry Carter stirring the pot and enjoying the aroma of the soup.

Hole in One!

By Matthew Kayson (W)

On Sunday, August 14th, the AFRH-W's new Deputy Director, Commander Tim Burns, rose to the pinnacle of a golfer's career – a Hole in One! Using a seven iron on the narrow par



The look of a golfer after his hitting a hole in one.

3 sixth hole, Commander Burns hit a high shot that descended and struck the flagstick as it landed. Because the green is slightly elevated, he and his playing partners were not able to immediately determine the exact location of the ball. As the group was approaching the green, the sun's rays were shimmering off of a lone leaf, thus temporarily dashing the dream of the rare hole in one. But alas, Commander Burns' golf ball was resting in the hole, with no indication that it had done anything other than leave his tee and fly straight into the hole! Congratulations and welcome to Washington, Commander Burns.

Catch Me At My Best..

The response we've received from our 'Catch Me' cards has been great! Here's what we've received so far:

18 July 2005

"I caught **TONY HODGES** at his best!

Tony works in the Dining Facility. He works harder than anyone I know and any special request, he will go out of his way to help you. ALL the Dining Room staff are great!"

18 July 2005

"I caught **CHRIS EDWARDS** at her best!

Spending a large amount of time with a resident, trying to explain a situation to him."

19 July 2005

"I caught **BRUCE FRYE** at his best!

Was a last minute speaker for our Ladies Koffee Klatch 19 July 2005. He gave a very interesting program on his tour at Pearl Harbor and why he hates officers – also did a show and tell."

20 July 2005

"I caught **ADAMS A/C AND HEAT** at his best!

He worked on my commode for six hours to get it back in service. He did a great job. This was on the weekend when the plumber was not around."

20 July 2005

"I caught **SHELDA JONES** at her best!

Shelda was speaking with an upset resident who was angrily berating the Home and Administration, etc. She listened, and smiling she soothed his "ruffled feathers" with calming words. I did hear him thanking her and "almost" smiling back."

21 July 2005

"I caught **CHRIS EDWARDS** at her best!

A resident needed help in getting a letter typed and had gone to several people and was being bounced around. When she found out what he needed she helped the resident by typing the document for the resident."

22 July 2005

"I caught **DOROTHY GIBSON** at her best!

Observed Dorothy being very cooperative with the Hospice nurse and following through on important medication issues relating to care and comfort of a resident."

25 July 2005

"I caught **ROBERT LOCKE** at his best!

Early one Sunday morning, around 10 July, I saw Mr. Locke drive into the circle, park, and walk toward the rear of Building 1. On several other occasions, Mr. Locke has taken the time to advise me regarding problems I have had."

25 July 2005

"I caught the **HOUSEKEEPING CREW** at their best!

They do a very good job."

26 July 2005

"I caught **BOB DAVENPORT** at his best!

I received a call from a new resident, who wished to praise Bob Davenport for helping him get settled in his room. This resident

was happy with the timeliness and service provided.

27 July 2005

"I caught **WALTER MCGILL** at his best!

Recently a resident collapsed in the Dining Room. Within seconds, Walter responded and kept the patient alive and breathing until help and the paramedics arrived. He has also been seen helping in LTCU when they are short handed. He also drives residents to clinics and serves as an escort."

01 August 2005

"I caught **LOIS STATON** at her best!

With her knowledge and patience I have made it into the Armed Forces Retirement Home. I couldn't have done it without her."

02 August 2005

"I caught **JASPER RHODES** at his best!

Jasper makes me feel like he is real happy to be of assistance to me."

1 August 2005

"I caught **CHERYL BENTON** at her best!

Cheryl is far the best dental hygienist that I have ever seen. She always does a fabulous job and has helped me get my gums in great shape and keep my teeth healthy. She demonstrates concern, and gives excellent advice for me to keep my teeth and gums healthy!"

If I did something that made your day or exceeded your expectations in any way, I'd love to be caught. Just fill out the back of this card and put it in the drop box by Security in the main lobby. And thanks for taking the time to catch me...at my best!

1 August 2005

"I caught **LINDA LANE** at her best!

She shows professional excellence."

1 August 2005

"I caught **CHRISTINE KELLER** at her best!

She also shows professional excellence."

1 August 2005

"I caught **Dr. Johnathan McCormick** at his best!

Dr. McCormick is the best dentist I have ever seen. He goes beyond what any other dentist would do for our residents. The work and procedures he has performed on our residents go beyond what most dentists are capable of doing."

11 August 2005

"I caught **THOMAS ADAMS, JR.** at his best!

Finding a re-set problem with bowling ally #1 and promptly corrected the problem."

12 August 2005

"I caught **PETE TREXLER** and **GARY SULLINS** at his best!

Gary Sullins and Pete Trexler installed a sink, faucet and cabinet for my bathroom. They couldn't have been more efficient and professional. They worked in unison and it was obvious that they wanted to do the best job possible. It seemed they had the job done in no time and were respectful in their attitudes. I must add that I have had only positive dealings with Campus Operations. All of the personnel are helpful, polite, sincere and experts in their fields. Their willingness to help is very much appreciated."

15 August 2005

"I caught **JASPER RHODES** at his best!

No special "one time" occasion prompted me to submit this. He has been friendly and helpful every time I've seen him since I've checked in, 15 months ago. He is this way to EVERYONE!"

Coast Guard celebrates 215 years of service

AFRH-G residents and active duty Coast Guard guests celebrated the Coast Guard's 215th anniversary on Aug. 5. Photo on right - Chief Warrant Officer Stephen Lyons, guest speaker for the occasion, accepts an AFRH coin from Steve McManus. Below - resident Lorraine Tedesco cuts the birthday cake with the youngest Coast Guard member present. Below right - Marion Wolke and Kenneth Derr take to the dance floor. Bottom - After the official ceremony, residents and their guests took to the dance floor and enjoyed music by the Londonaires.

